



WHO WILL TOP THE TALK?

KATIE COURIC IS JUST ONE OF THE FAMILIAR FACES MAKING A GO AT THE DAYTIME TV CROWN

PAGE 12



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City looking to the skies

Report Tuesday. Solar panels will generate revenue, help business sector, proponents of new plan say

AMANDA GRANT
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The city may be going green, one rooftop at a time.

Council's investment and economic prosperity committee will hear a staff report Tuesday outlining a plan to install solar panels on municipal buildings sites, generating power for buildings and feeding extra energy back into the grid.

London-based manufacturer German Solar Corp. told council in July that they were ready to install solar panels on 10 municipal buildings. Now, the city needs to work out regulations and licensing so the initiative can move forward.

"This is great for the city," said Coun. Joe Swan, the



Coun. Joe Swan LONDON.CA

committee's chair. "They are manufacturing the panels here in London, so we will get the benefit of energy savings (and) encourage a company to continue growing their business in our city."

The project also presents a new opportunity for generating revenue. Solar companies will lease roofs from the city, with leases expected to bring in an estimated \$3,000 to \$5,000.

The city has partnered with Ameresco Canada to set out guidelines so that green energy firms can bid on the project.

Proposed sites include the

Also this week

- City council's civic works committee meets at 4 p.m. Monday.
- Members will field a proposal to rename Kipps Lane as Damian Warner Avenue, in honour of a London athlete who finished fifth in the decathlon at last month's Olympics.
- Also on the agenda is an update on establishing a new water-rate structure.

London Convention Centre, arenas and community centres throughout the city.

"Council has been very supportive of this plan," Swan said. "We see new technologies and new industry in London growing."

The project could be up and running by late October, he said.

The investment and economic prosperity committee meets at 3:30 p.m. at city hall.

ON THE FLIP SIDE

Taylor "Boomer" Boomsma, 19, of London, dances on the Western Fair midway Sunday. Boomsma was hired for this year's event to entertain and chat with visitors. He got the job after someone spotted him breakdancing downtown. The fair is in full swing, continuing through Sept. 16. Check westernfairdistrict.com/the_fair for details.

AMANDA GRANT/FOR METRO

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Turn to page 5.





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Single-vehicle accident

Driver killed in Sunday crash

One person died in a single-vehicle crash about 2:30 a.m. Sunday at Wonderland and Fanshawe Park roads.

Police said the driver, who was the only person in the car, lost control and suffered head trauma as a result of the crash.

The driver's identity has not been released.

METRO

Careless driving charge

Vehicle busts through bus shelter

Two people were taken to hospital with minor injuries after a Saturday crash that sent a vehicle into a bus shelter at Wellington Road and Montgomery Gate.

Police said Brianne Walker, 28, of London, rear-ended another vehicle and was charged with careless driving. She does not have a driver's licence, police said.

METRO

RCMP

Police seize meth

Police are expected to release details Monday about what's being called a "substantial" crystal methamphetamine seizure.

The investigation was handled by London police and the Royal Canadian Mounted Police.

The quantity involved equals the total amount of crystal meth London police have seized in the past five years.

METRO

Barry Harp

Man charged in alleged sex assault

A 34-year-old London man has been charged with sexual assault for an alleged Thursday incident.

Barry Harp is accused of assaulting a woman near Adelaide Street North and Huron Street. METRO

The Hilton

Suds, booze send man to hospital

A lengthy hot tub soak mixed with alcohol at a London hotel landed a 48-year-old Sudbury man in hospital.

Police said the man was found unconscious Saturday afternoon in the pool area at the Hilton (300 King St.).

Hotel video revealed the suspected cause of his medical problems, police said. METRO



Here come the brides

Women comb through some of the latest bridal fashions on display at Sunday's 16th annual London Fall Bridal Show at the convention centre (300 York St.). Brides-to-be got a taste of what's out there for flowers, caterers and everything else needed to plan the perfect wedding. A winter bridal show is planned for January. Check londonbridalshows.com for details. ANDREW SERCOMBE/FOR METRO

Lifting suicide's veil of silence

CMHA. Memorial walk in Springbank Park to raise awareness on World Suicide Prevention Day

AMANDA GRANT

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Julie Varley's son committed suicide when he was 21.

"Once you lose someone to suicide, you want to make the world a better place," Varley said. "You want to be open

and start talking about these issues."

She will join others affected by mental illness and suicide on Monday during the Lifting the Silence Walk in Springbank Park, a way to raise awareness and mark World Suicide Prevention Day.

The seventh annual event is hosted by the London branch of the Canadian Mental Health Association (CMHA).

Varley first got involved with the CMHA last year through a survivors-of-suicide photography exhibit. Since

then, she has been an active volunteer and shared her story in a locally produced film, *Behind The Curtain*.

The film will be screened during Monday's event, aiming to remember those who have died and to provide comfort to their loved ones.

"All we want to do is make people feel more comfortable with the topic," Varley said. "We want to open up this dialogue and encourage people to ask questions. There is so much help out there; we want people to know they're not alone."

Details

- The London Distress Centre operates a helpline at 519-667-6711 that could help those contemplating suicide.
- For more information about suicide, visit suicideprevention.ca.

The memorial walk starts at 7 p.m. and will be followed by speakers and the film screening.

London Crime Stoppers. Service marks 25 years

As the London-area Crime Stoppers marks its 25th anniversary, a long-time leader is crediting co-operation with the service's success.

Crime Stoppers has always been about working together to make communities safer, said Pat O'Hagan, a member of London Crime Stoppers' board of directors.

"It is a partnership with the London Police Department, the press and the community that has made the program so successful," he said.

"Crime Stoppers works with everyone from local high schools to Interpol."

Crime Stoppers started in 1976 as a small anonymous

tip program in Albuquerque, N.M. and has grown leaps and bounds from there.

London applied to part of the program in 1987, making it the first Canadian city to take the step, O'Hagan said.

The organization's anniversary was honoured over the weekend during an RCMP Music Ride at the Western

Fair District.

Crime Stoppers allows for the anonymous reporting of crimes to police. Cash rewards are offered where information leads to an arrest.

Tips can be submitted online at londoncrimestoppers.com, through SMS at 274637 or by calling 1-800-222-8477.

ANDREW SERCOMBE/FOR METRO

11 NEWS

Mobile news



Ever wonder what the Royal Family would look like as the undead? Canadian 'Zombie Illustrator' Rob Sacchetto has. Scan the code to view the artist's ghoulish gallery of Royals.



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Anderson, Griffith key to Knights' offensive front this season

2012-13 lineup.

Other names in the running to round out the top six starting to show through



JOHN MATISZ

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Dale Hunter is the ultimate deck shuffler behind a hockey bench.

He's shown the quality for years with the London Knights and fans caught glimpses of it during his brief stint as coach of the NHL's Washington Capitals.

Something that Hunter and other prominent line jugglers can't avoid, though, is roughly defining a top six forward group.

With Jared Knight, Greg McKegg and Vlad Namestnikov all off to the pro ranks, the Knights' 2012-13 top six will look remarkably different.

A player definitely in the mix is Josh Anderson.

"He earned every second of ice last year, and we want him to build off of that," said London assistant coach, and Dale's son, Dylan Hunter. "We're expecting him to fill some gaps made by guys leaving."

Anderson, the Columbus Blue Jackets' fourth-round selection at the 2012 NHL draft, enters his sophomore season with tremendous promise.

Time spent paying his dues



Columbus Blue Jackets draft pick and London Knights forward Josh Anderson is in line for a breakout season. JOHN MATISZ/METRO

Coming up

- After posting a 3-2 record in exhibition play, the Knights have some time off before the regular season opens on Sept. 21.
- They'll welcome the Erie Otters to the John Labatt Centre in the season opener.

Home opener

Mustangs hope to ride 'confidence boost' after downing Blues

The Western University Mustangs pushed their record to 2-0 with a 62-7 win over Toronto's Varsity Blues Saturday.

Western scored three plays into its home opener at TD Waterhouse Stadium with a 67-yard touchdown pass to first-year receiver

Evan Buchanan.

Quarterback Donnie Marshall was 12-for-20 with 202 passing yards. He ran for 77 yards. Running back Garret Sanvido led the Mustangs' ground game, rushing for 109 yards on 15 carries and finding the end zone twice.

Toronto scored its only touchdown late in the fourth quarter with a nine-yard pass from quarterback Chris Jugovic to wide receiver Cody Rossi.

Mustangs head coach Greg Marshall called the victory a "team win."



Mustangs quarterback Donnie Marshall. WESTERN UNIVERSITY

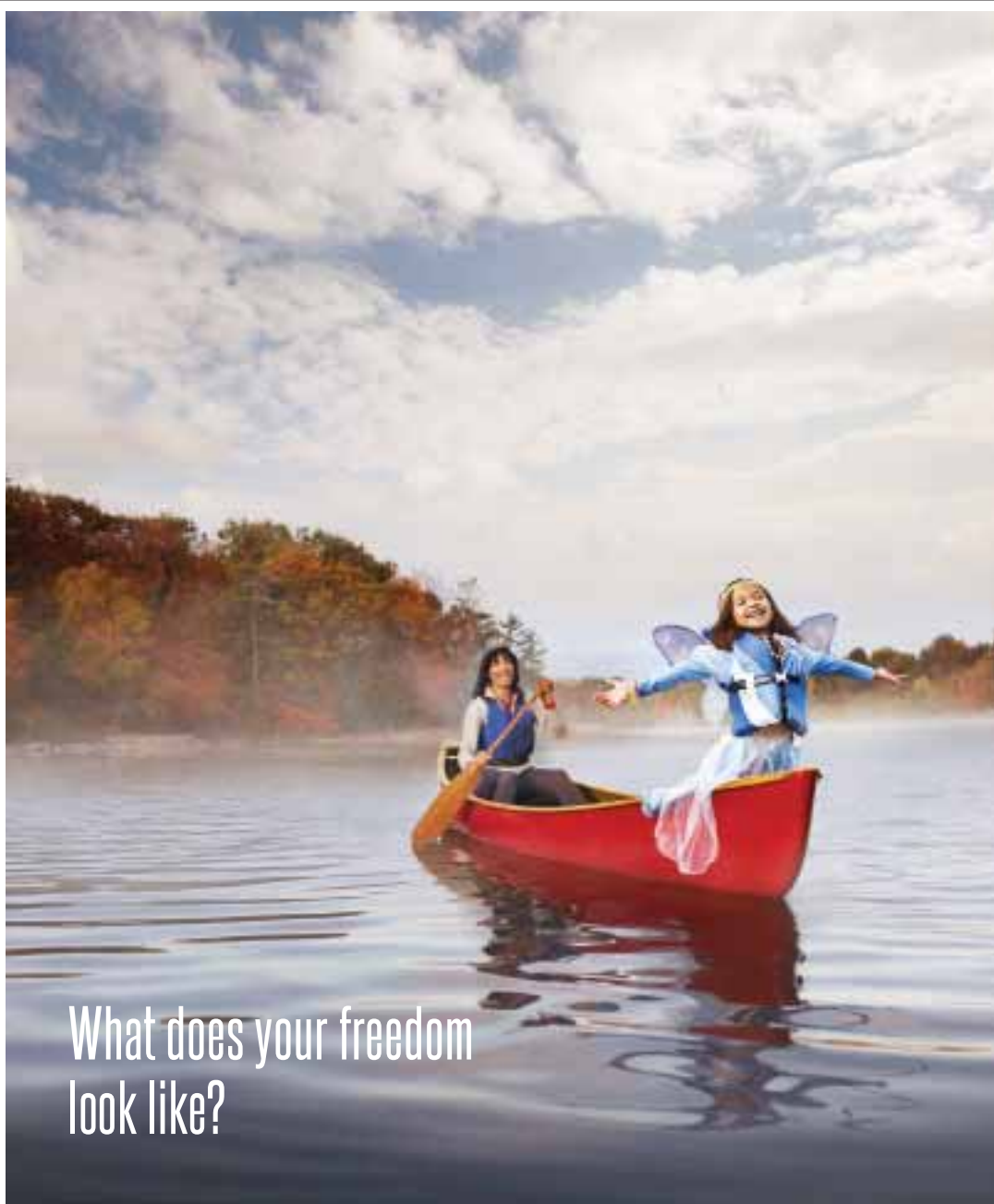
"We dominated both sides of the line of scrimmage, did a good job on special teams, our offensive line came off

the football, and our running backs ran the ball hard," he said.

The Mustangs return to the road next week, traveling to Kingston Sept. 15 to take on the Queen's University Gaels, ranked sixth in the CIS Top 10.

"We knew (Toronto) was good — they're not a bad team — but we came out and dominated them," Marshall said after Saturday's win.

"That's a good confidence boost heading into Queen's, into Kingston, where it's tough to play." **METRO**



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Only in Canada. Flu shots made people even more susceptible to pandemic

A strange vaccine-related phenomenon spotted at the start of the 2009 flu pandemic may well have been real, a new study suggests.

Canadian researchers noticed in the early weeks of the pandemic that people who got a flu shot for the 2008-2009 winter seemed to be more likely to get infected with the pandemic virus than people who hadn't received a flu shot.

Five studies done in several provinces showed the same results. But initially research outside of Canada did not, and the effect was dismissed as "the Canadian problem."

News of the unexpected findings broke at a time when countries in North America and parts of Europe were getting ready to start vaccinating their populations against the pandemic virus.

Some jurisdictions were also trying to figure out whether to offer the seasonal flu vaccine they had purchased — similar to the 2008-2009 shot — along with the pandemic vaccine, in case the seasonal flu viruses continued to circulate. Quebec opted not to offer the season-

Pandemic flu

The U.S. Centers for Disease Control recommend seeing a physician if the following symptoms occur:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Low temperature

al vaccine because of the concerns raised by the studies.

Many people in the public health community found the whole event unhelpful, and many rejected the findings. Some suggested if there was a problem, it might have been with the flu vaccine used in Canada, because the problem wasn't seen elsewhere.

THE CANADIAN PRESS



Cyclists fight kids' cancer

Diane Klich and Paul Berendson, who are taking part in the Sears National Kids Cancer Ride from Vancouver to Halifax, stopped for a break in Winnipeg Sunday and got a hug from Ben the Sears Charity Bear. They hope to raise \$1.5 million to help fight cancer. Follow them at metronews.ca. SHANE GIBSON/METRO IN WINNIPEG

Mammal minesweepers. Canadians watch U.S. Navy dolphins in action

Canadian soldiers got an up-close look at bomb-detecting dolphins during a military training exercise with the Americans off the coast of British Columbia, a newly released document shows.

The U.S. Navy brought four bottlenose dolphins and a support team to Esquimalt, B.C., last year to practise anti-mine tactics as part of Exercise Trident Fury. The training operation took place in May 2011 and involved the armed forces and coast guards of Canada and the United States.

A briefing note to the chief of maritime staff described the exercise as a rare opportunity for the Canadian

Underwater allies

Mine-detecting dolphins have served for a long time:

- The U.S. Navy has been training dolphins and sea lions since the 1960s.
- During the 2003 invasion of Iraq, navy dolphins helped U.S. forces clear anti-ship mines and underwater booby traps.

military to gain valuable experience working with the animals — something it currently does not do.

THE CANADIAN PRESS

Suburban Montreal

Tornado turns off hydro for 90,000

A small tornado hit an area north of Montreal on Saturday as part of a storm that left more than 90,000 homes and businesses without power.

Rene Heroux of Environ-

ment Canada says wind speeds hit 120 km/h in Drummondville, Que., tearing off the roof of at least one building.

It was the fifth tornado of the season in Quebec.

There were about 2,400 Hydro-Quebec clients still without power across the province on Sunday afternoon. THE CANADIAN PRESS

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Earthquake survivors in China wait for supplies

Mountainous area.

More tremors hinder rescue efforts; by noon Sunday, there had been 279 aftershocks

Survivors of a series of earthquakes that killed 81 people and injured more than 800 in a mountainous area of south-western China were desperately waiting for more aid to arrive Sunday.

They were waiting as jolting aftershocks were keeping fears high and hindering rescue efforts.

The latest victim was a two-year-old child who was hit by a falling wall as an aftershock struck Saturday night, the state-run Xinhua News Agency reported.

The first earthquakes struck Friday in a region of small farms and mines near the border between Guizhou and Yunnan provinces, where some of China's poorest people live.

They toppled thousands of homes and sent boulders

Quake zone

The first earthquakes struck Friday in a region of small farms and mines near the border between Guizhou and Yunnan provinces, where some of China's poorest people live.

- The first magnitude-5.6 quake struck just before 11:30 a.m. Friday and was followed by an equally strong quake shortly after noon. Though of moderate strength, the quakes were shallow, which often cause more damage than deeper ones.

- In 2008, a 7.9-magnitude quake in Sichuan province, just north of Yunnan, left 90,000 dead.

cascading across roads, and authorities evacuated more than 200,000 villagers.

The aftershocks on Sunday were raising fears of more injuries and fatalities.

THE ASSOCIATED PRESS



Zhu Yinquan, a teacher, left, helps a woman who lost her seven-year-old daughter in Friday's earthquake in Yunnan province. THE ASSOCIATED PRESS



Tariq al-Hashemi, Iraq's former VP, fled to Turkey when charged. THE ASSOCIATED PRESS

Fugitive former VP of Iraq sentenced to death

Iraq's fugitive Sunni vice-president was sentenced Sunday to death by hanging on charges he masterminded death squads against rivals in a terror trial that has fueled sectarian tensions in the country.

Underscoring the instability, insurgents unleashed an onslaught of bombings and shootings across Iraq, killing

at least 92 people in one of the deadliest days this year.

It's unlikely that the attacks in 13 cities were all timed to coincide with the afternoon verdict that capped a monthslong case against Vice-President Tariq al-Hashemi, a longtime foe of Shiite Prime Minister Nouri al-Maliki.

Still, taken together, the

violence and verdict could energize Sunni insurgents bent on returning Iraq to the brink of civil war by targeting Shiites and undermining the government.

Al-Hashemi fled to Turkey in the months after the Shiite-led government accused him of playing a role in 150 bombings and assassinations.

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Monti government

Cutting corruption will boost Italy's growth: Minister

Italy's justice minister says corruption is hampering the country's economic growth and that Premier Mario Monti's government will push hard this week in Parliament for a tough anti-corruption law.

Minister Paola Severino, citing World Bank estimates, said Sunday that combatting corruption could boost Italy's GDP by 2-4 per cent. Kickbacks in awarding contracts can boost overall costs and discourage investors from doing business in Italy.

She spoke on the sidelines of an annual closed-door economic forum at a resort on Lake Como.

Monti, leading a non-elected technocrat government, was reportedly coy at the forum about calls from some centrist politicians that he run for election this spring when Parliament's term ends.

He was appointed in November to save Italy from succumbing to the eurozone sovereign debt crisis. **THE ASSOCIATED PRESS**

Western sanctions

Iran's currency falls to record low

Iran's currency hit a record low against the U.S. dollar in street trading, the semi-official Mehr news agency reported Sunday.

Mehr says the rial dropped nearly 7 per cent in a single day, to 24,300 rials to the dollar. Street traders say the rial rose slightly later on Sunday to around 23,900 rials to the dollar.

The collapse of the currency is a sign of the effect of Western sanctions over Iran's nuclear program. The West suspects Iran is aiming to build nuclear weapons, a charge Iran denies.

On July 1, the European Union banned import of Iranian oil, and the U.S. tightened sanctions against Iran's banks. On Friday, Canada cut diplomatic relations with Iran over its nuclear program, support for Syrian President Bashar Assad's regime and the country's poor record on human rights issues.

Mahmoud Bahmanai, governor of Iran's central bank, said the plunge of the rial was the result of a rush on the market by buyers seeking to obtain the dollar. **THE ASSOCIATED PRESS**

CRTC eyes market shift with Bell's purchase of Astral

Public hearing.

Competitors argue \$3.4-billion deal will give telecom giant too much of English-language TV market

A public hearing into Bell's \$3.4-billion acquisition of Astral Media will focus on how much of the English-language TV market the telecom giant will corner if the deal were to go through.

The CRTC examined the multibillion dollar transaction on Monday and heard from multimedia, telecom and radio companies, producers as well as film groups and consumer advocates — many of them against the deal.

Bell's parent company BCE said if the deal is approved it will own 33.5 per cent of the English-language market, under the 35 per cent threshold set by



Pierre Karl Peladeau, president and CEO of Quebecor Inc., left, along with Lee Bragg, CEO of Eastlink, and Louis Audet, president and CEO of Cogeco Cable Inc., ask the federal government to disallow a proposed takeover of Astral Media Inc. by Bell Media in Ottawa on Aug. 7. **FRED CHARTRAND/THE CANADIAN PRESS**

the Canadian Radio-television and Telecommunications Commission for approval.

Telecom competitor Telus Corp. believes Bell would have too much control of English-language TV content and leave consumers with fewer choices and higher cable bills.

Telus has argued that the

purchase of Montreal-based Astral, along with Bell's part ownership in the Maple Leaf Sports and Entertainment TV assets, and its stake in joint venture assets, such as Teletoon, would give Bell 49.5 per cent share of the English-language television audience.

THE CANADIAN PRESS

What's at stake?

Effects of the acquisition

BCE announced the Astral deal last March aimed at creating a media powerhouse poised to take on rivals in providing digital content to consumers.

In 2010, BCE bought the rest of the CTV assets it didn't already own for \$1.3 billion.

CTV operates more than 25 stations across the country, 30 specialty channels including sports networks TSN and RDS online video programming and properties such as CTV.ca, TSN.ca, RDS.ca, MuchMusic.com, MTV.ca and TheComedyNetwork.ca. It also owns CHUM Radio, which operates more than 30 radio stations throughout Canada.

Astral is Canada's largest pay and specialty TV broadcaster and owns 84 radio stations in 50 Canadian markets and 24 television services. It is also the third-largest outdoor advertising company, and has a stake in the country's only subscription radio service, XM-Sirius Canada.

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Company explores oil find off west coast of N.L.

The Rock. Shoal Point Energy Ltd. searching for economical way to extract crude from stretch of shale

A long, narrow stretch of shale that runs along western Newfoundland's coastline might be home to North America's next big oil find.

So believes the junior oil explorer that's snapped up virtually all of the land in the Green Point shale.

But Shoal Point Energy Ltd. hasn't quite figured out how to economically draw the crude — some 23 billion barrels of it in place, according to one estimate — from the uneven, broken-up rock.

"It's a bit of a wild frontier still," said George Langdon, the company's Newfoundland-raised CEO, who has long been fascinated by rocks on the Rock.

"There's a lot of oil in place. We haven't proven the viability of it yet. But just the sheer number of what could be in place there makes it, to me, one of the significant resources in North America, right up there with the big ones"

Indeed, it's hard to draw a direct comparison between the Green Point and other

Fracking

As with other shale formations throughout North America, tapping the Green Point will require hydraulic fracturing, or fracking, to unlock the resource. The controversial practice involves injecting a mixture of water, sand and chemicals underground in order to crack the rock.

- Fracking has unleashed huge supplies of natural gas and oil from shales across the continent, but it also brings with it concerns over the safety of groundwater supplies near drilling sites.

North American shales. For starters, it appears to be several times thicker and the rock has been jostled around by moving tectonic plates.

"The shale is really broken up quite a bit and when a shale is broken like that, it can be very difficult to drill," said Larry Boyd, director of geoscience at AJM Deloitte, the Calgary consulting firm that Shoal Point hired to evaluate its Green Point potential.

"We're really kind of pioneering something really brand new here." **THE CANADIAN PRESS**

German court

Bond program prompts opponent to file complaint

An opponent of the eurozone's permanent rescue fund said Sunday that he has filed a new complaint to Germany's highest court after the European Central Bank unveiled a program to buy government bonds.

Peter Gauweiler, a backbench lawmaker with Chancellor Angela Merkel's

conservative bloc, already is one of several plaintiffs against the 500 billion euro (\$640 billion US) European Stability Mechanism. Germany's Federal constitutional Court is to rule Wednesday on calls for an injunction blocking the fund. Gauweiler's office said he filed a new complaint seeking an injunction that would prevent ratification of the ESM unless the ECB reverses Thursday's decision under which the bank could buy unlimited amounts of government bonds.

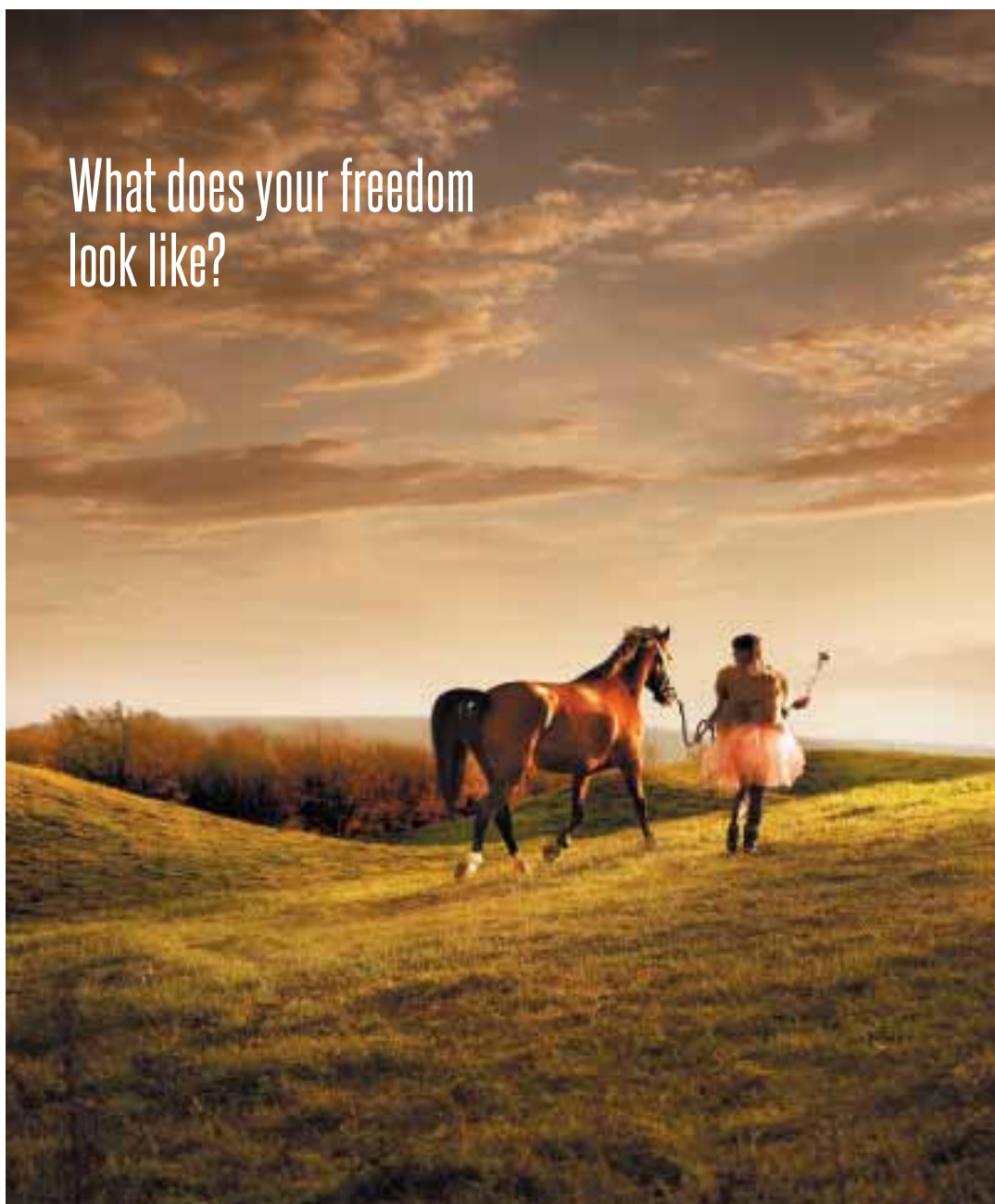
THE ASSOCIATED PRESS



Greeks protest austerity

Coast guards hold flares and shout slogans during a protest in the northern Greek port city of Thessaloniki, Saturday. Greece is still struggling to avoid bankruptcy by imposing harsh austerity measures. **THE ASSOCIATED PRESS**

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LONDONER RIDES THROUGH THE PAIN FOR BIG GAIN



URBAN COMPASS
Todd Devlin
london@metronews.ca

There were times she thought she wouldn't make it — the hills were too steep, she thought, and the kilometres too long. Not to mention a mix-up that left her without proper

footwear for half the trip.

It was a passion for helping people that pushed London's Nour Ziad Al-Farawi through the 10-day, 1,000-kilometre Riders Without Borders bike ride that saw 50 cyclists pedal from Toronto to Quebec City.

Along the way, the group stopped in several communities to do volunteer work and spread some kindness. By the end, Al-Farawi was a changed person.

"I proved I was capable of the ride, and it made me realize that we can do anything we set our minds to," she said. "If we stick to it, we can do it."

'Powerless'

"Sometimes I feel powerless in my line of work, and it breaks my heart when things are out of my hands."

Nour Ziad Al-Farawi
Registered nurse
London Health Sciences Centre

The group did just that, reaching its goal of visiting 100 towns. The cyclists stopped at nursing homes, food banks, homeless shelters and handed out gifts to children. Meeting the kids was Al-Farawi's favourite part. "The innocence and true happiness that radiated from their faces was so refreshing and contagious," she said, "no matter whether the child was from a low-income family or

well off."

The ride was the first of its kind, and Al-Farawi only learned about it days before it started.

She was able to take a short leave of absence from her job as a registered nurse at London Health Sciences Centre. Her career, she says, played a role in her decision to sign on.

"Sometimes I feel powerless in my line of work, and it breaks my heart when things are out of my hands," she said. "But with Riders Without Borders, I not only had the power to help others, but I also got to challenge myself, both physically and mentally."

Challenge might actually be an understatement. Al-Farawi says she fought with herself constantly during the ride, doing her best to cast off thoughts of quitting. It ate at her conscience, she said.

But, that's not what she remembers most about the journey.

"What truly sticks in my mind are the acts of kindness done (for) us along the way," she said. "At one point, we were biking in the middle of nowhere on gravel when one of our bikes broke down. The next thing we knew this complete stranger came out with a jug of ice cold water and cups. She even invited us into her home."

With her blisters still fresh, Al-Farawi has already committed to participating in the next Riders Without Borders trip, and she's hoping more Londoners will get involved. The experience of helping others is like no other, she says.

"I think it's important to help others simply because if we don't, who will?" she asked. "Everyone needs help at some point in their life. And whether I'm in the giving or receiving end of help, it's a beautiful thing."

Check out riderswithoutborders.com.

Follow Todd Devlin on
Twitter @UrbanCompassLdn



Nour Ziad Al-Farawi, of London, poses for a picture during the Riders Without Borders bike ride.
CONTRIBUTED

Sun cracks its whip on Earth



NASA/GSFC/SDO

Astronomy

Explosion of solar flare off the sun

A jaw-dropping image of a solar whip has been captured. NASA reported a filament of solar material, which had been in the sun's atmosphere.

Though it didn't erupt directly towards Earth, it did have an effect on Earth's magnetic environment (magnetosphere), causing aurora to appear on Sept. 3.

METRO



Swirls of green and red appear in an aurora over Whitehorse in the Yukon on the night of Sept. 3. This year has witnessed many aurorae due to 2012's high volume of solar eruptions.

DAVID CARTIER, SR./NASA

Aurora:

- Atmospheric phenomenon made of light caused by charged solar particles following Earth's magnetic lines of force.

Plasma:

- The red-glowing ejected material is a hot gas comprised of electrically charged hydrogen and helium. The plasma flows along a twisted structure of magnetic fields made by the sun's internal dynamo.

Solar prominence:

- A large, bright feature extending outward from the sun's surface. They are anchored to the sun's surface in the photosphere, and extend outwards into the sun's hot outer atmosphere, called the corona.

Solar speed

1,450

kilometres per second is the speed at which this coronal mass ejection travelled. That's still only one two-hundredth of the speed of light.

Stuff the bus with back-to-school supplies

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

While some kids can't decide between Nike and Reebok for this year's footwear, others worry about paying for a new notebook, set of pencils, or

backpack.

That's why last month the Thames Valley Education Foundation put on a Stuff the Bus event to help students in need.

Program co-ordinator Chantal McLaughlin says: "Not having the basics to return to school is difficult. Whether in junior kindergarten or Grade 12, reaching into a new backpack, filled with (school supplies) lifts a student's self-esteem and allows them to

concentrate on their learning."

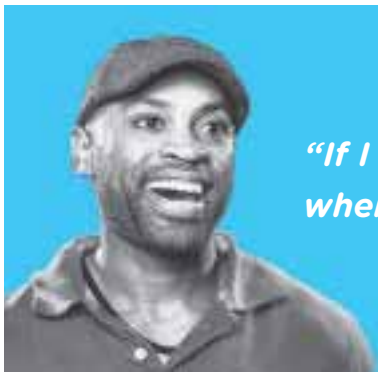
Residents and business owners from around the Thames Valley region came together to stuff school buses with all the supplies needed to start the school year right. A total of 1,500 (and counting) backpacks have been donated, all full of pens, markers, scissors, lunch bags and more.

"All we have to do is ask and the kindness is overwhelming," she added.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner, Free The Children. Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. For more information, visit www.weday.com.

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.



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The battleground of daytime TV

With Oprah's crown still up for grabs, three celebrities enter the talk show fray today. Here's what you need to know about the contenders.

AMBER RAY
Metro World News



The Ricki Lake Show, Global

Bio

Ricki Lake became a star as Tracy Turnblad in John Waters' 1988 classic *Hairspray*. She's a daytime vet, having hosted her titular chat show from 1993 through 2004. She produced a documentary about childbirth, *The Business of Being Born*, and marked her pop culture return with a stint on *Dancing with the Stars* in 2011.

Personality

Lake is your sympathetic girlfriend who's been there, done that, and always has her own funny anecdote to share. "I have been rich. I have been poor. I have been fat. I have been thin," Lake admits. "I've had this life experience, and I'm an open book. I'm willing to share my hardships and my triumphs." Her mission for her return to talk is "that this really can be a smart show that people can learn from each other."

What to expect

Lake became a phenomenon when, in her 20s, she addressed the (sometimes scandalous) concerns of the younger generation and encouraged audience participation. Now 43, Lake intends to continue engaging her fans, but with a more grown-up approach and topics that affect, primarily, women between the ages of 25 and 54. "Today, times are really tough. We're all trying to figure it out and put food on our plates and be in the job force and raise families and, you know, figure out the aging process and how to reverse it," Lake says. "So I think doing a show now that's a little less fluff, a little more substance — that's something I would be looking for as a viewer."

Secret weapon

Don't underestimate the nostalgia factor for Ricki Lake, Talk Show Host. The studio audience started a "Go Ricki" chant — a hallmark of the host's first show — during taping of the new show's second episode.



Katie, Citytv

Bio

For 15 years, Katie Couric helped America wake up as co-anchor of the *Today* show. She became the first solo female anchor of a national nightly news broadcast when she helmed CBS *Evening News* with Katie Couric from 2006 to 2011.

Personality

Couric is the sweet aunt who will take you for brunch and a manicure, listen to your problems, then scold you because you know better. She hopes Katie delivers information — from daily news to dating tips — that is "smart with heart."

What to expect

Katie, taped live from New York and mixing news and entertainment, sounds a little like a one-hour version of *Today*. "I'm going to be able to flex all my muscles (on Katie)," Couric says, referring to her 33 years on both ends of the television news spectrum. "I've done ... some lighthearted stories, some fun stories, some celebrity-driven stories. And then I've done very serious stories. I pride myself on being able to use the right tone and the right approach and to be able to calibrate that approach depending on who I'm interviewing or the topic that I'm dealing with on any given day."

Secret weapon

Sheryl Crow wrote and performed the Katie theme song, reminding us of the A-list contacts that Couric must have on her iPhone, which she'll be able to tap for interviews. Crow will appear on the first episode, as will Jessica Simpson.



The Jeff Probst Show, Global

Bio

Jeff Probst is the Emmy-Award-winning host of *Survivor*; he has helmed the reality competition since it debuted in 2000. Formerly, he hosted *Rock & Roll Jeopardy!* and was a correspondent for *Access Hollywood*.

Personality

Your over-sharing big brother who is also your biggest cheerleader. "I think my weakness as an interviewer will be a strength in daytime, which is, I share a lot, sometimes too much," Probst admits. "But in daytime, when you are asking people to share their life on the kind of level that I'm going to go to, you have to be willing to share yours." Probst's wife, Lisa Ann Russell, will be an integral part of the show, often contributing to the day's conversation.

What to expect

"If you're looking for Jerry or Maury, this is not your show," Probst says. "I'm not interested in people fighting onstage." You can forget about seeing celebrities promoting their latest movie, too, unless they are able to add to Probst's message of positivity and embracing new experiences. "The overall idea of the show is saying yes to the adventures in your life — I mean being married, being a parent, dating, friendships," he says. "At the end, this really is what defines our life, those adventures. And that's the idea behind the show, and we will talk about that all the time."

Secret weapon

Only The Jeff Probst Show boasts a party room complete with massage chairs, make-over stations, snacks and a photo booth for its audience. Probst says the set was designed to be an extension of his living room, a place "where you feel comfortable enough to kick off your shoes." The party room serves two purposes, he explains: "One, we want the audience to feel welcome, and we also want them to spread the word — if you are looking for something fun to do in L.A., check out The Jeff Probst Show. There's this great party room, and then there's this really fun show."

On the web



Scan this code or visit
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Association awards.



KISS has hit the road again this summer to promote their new album, *Monster*. ASH NEWELL/FOR METRO

Monster band is back

On the road. With the release of their 20th album, KISS may get older, but not tamer

CHRIS ALEXANDER
scene@metronews.ca

For almost four decades the iconic circus known as KISS have been thrilling the masses, with their trend-defining, wildly absurd amalgam of muscular, no-nonsense rock music and dark fantasy theatrics.

Now, after an up and down history that saw their legacy rise, fall and rise once more, KISS are not only deeply ingrained in the collective pop culture fabric, but they are also on top of their creative game.

Their latest album — the 20th studio album in fact — is appropriately called *Monster*. While not due in stores until October (from Universal) the band has hit the road this summer, demolishing stages across the U.S. and Canada with fellow freak-rockers Mötley Crüe.

"The Tour," as its boldly calling itself, condenses both bands' performances into two 90 minute sets, but, as co-founder and media gadfly Gene Simmons insists, KISS won't be skimping on any of its patented blood, bombs and pyrotechnics.

"KISS has a philosophy few other bands have," Simmons told Metro.

"And that's to give the fans bang for the buck. Not just our show. But making sure anyone on the bill with us is worthy of

being on hallowed ground — the Electric Church ... the KISS stage. For us, the power and the bombast and yes, the roar of the crowd and the smell of the greasepaint is what it's all about."

KISS is also about transcending the fate of many of its "classic rock" ilk who are content to tour the hits and pandering to the generation that first found them. Instead, a typical audience contains a cross section of fans of every age, with KISS Army lifers sharing space with kids, faces painted to honour their larger-than-life heroes.

"The KISS Army is a living, breathing thing," says Simmons, now 62.

"You can't put your finger on it. Through the decades, the fans have always showed up wearing our makeup, some of

them tattooed with our faces all over their bodies. And now, with children in tow who are named after our songs.

"And when we do the KISS Kruise in Halloween in the Bahamas, it's a gathering of the tribes."

Yes, you heard right. The KISS Kruise is one of thousands of branded events and products that bear the band's seal of grandiose approval.

Combine that international omnipresence with sold-out stadiums and a hotly anticipated new album, and Simmons has every right to brag.

"We have every intention of making *Monster* a No. 1 album," he states confidently.

"If you're a world champion, and if you have the heart of a lion, you will stay in the ring. If not, pack up and go home."

Caspian. Sailing into uncharted waters

JONATHAN D. FITZGERALD
scene@metronews.ca

How do you describe a band whose music outgrows their prescribed genre? For the Massachusetts-based post-rock quintet Caspian, the release of their third full-length album later this month may make the need for a new descriptor necessary.

"When I think of post-rock, I immediately think of 2003-2005," said Calvin Joss, a guitarist and founding member of Caspian.

"I think of long, drawn-out, guitar-oriented songs that are thematic and big. Bands like Mono, God Speed You Black Emperor, and Explosions in the Sky."

Caspian certainly began as a post-rock band, but over time their sound has evolved. Their latest album, *Waking Season*, which drops on Sept. 25, features a number of elements not typically associated with the genre. One song, *Gone in Bloom and Bough*, even includes vocals (a first for the band). Others incorporate samples and electronic sounds.

"We never felt a duty to be post-rock," says Phil Jamieson, who also plays guitar and serves as the unofficial spokes-

man for the band. "We just view ourselves as our own separate entity — as Caspian, not as post-rock."

Caspian's larger-than-life yet beautifully melodic sound has the ability to transport listeners. Even a commute to work accompanied by a Caspian record can feel like you're living inside a scene from an epic film. This effect has earned Caspian's music a spot on an HBO boxing special and in a number of television shows including *CSI: Miami* and MTV's *Teen Mom*. They have yet to score a film, but the possibility remains one of the band's goals.

Waking Season is a natural next step in the band's evolution, and a definitive move away from that label of post-rock.

"There's more on this record that draws from each of our individual influences — the music we actually listen to," explains Joss. "The depth and texture, and the use of a lot of different instruments, breaks out of the mould of what people consider post-rock."

While their sound has evolved, Caspian don't worry about alienating fans.

According to Jamieson, they "never underestimate the ability of our audience to grow with us."

Background

Early days

Caspian formed in 2003, out of the remnants of a few other bands. They played their first shows in the pubs of Beverly, about 25 miles north of Boston, where most of the group's original

members were living.

The band recorded a demo in a friend's home in 2004 and had their first break opening for Japanese post-rockers Mono later that year.

They released their debut EP *You are the Conductor* in 2005, and immediately hit the road, touring nearly nonstop.

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Robert Pattinson.

Pattinson getting back with Stewart?

While the future of Robert Pattinson and Kristen Stewart's relationship is still uncertain after her affair with director Rupert Sanders came to light, at least one friend of the pair says not to worry.

"They are totally going to get back together," the source tells Hollyscoop. "It is just a matter of time."

Kristen has this effect on Rob. Robert is not a player. It is really a mess of a relationship. They are both in love with each other still."

That might be a problem, though, for friends of Pattinson, another source reveals.

"They tell him, 'If she cheated once she will cheat again,'" the source says.

Twitter



@joelmchale

Sad news: the phrase "hot mess" is six months past its expiration date. Also "I just threw up in my mouth a little" is over(2 years).



@lindsaylohan

just sending love, prayers and strength to #Prince-Harry



@katyperry

Today I am promised happiness. Let's do this!



@AlbertBrooks

"Shocking. Nude. Sex. Devastating" Four words you must use to have a successful website.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Poehler and Arnett: 2012's bummer breakup

THE WORD

Monica Weymouth
scene@metronews.ca

When we found out Amy Poehler and Will Arnett were divorcing last week, we assumed there must be the scandal of all scandals hiding behind their split. Nevermind that their rep insisted it was "very amicable" — why would two people as funny, successful and charming as them breakup? As it turns out, they're not that much different than those of us who fall asleep watching reruns of their shows, snuggling

piles of almost-warm take-out.

"Will and Amy started to feel more like best friends than a married couple — and sadly they lost their spark," a source tells RadarOnline. "The two still love each other very dearly, but the romance died and neither one of them was happy, so something had to be done."

Talk about shot through the heart. Go ahead, Source, finish us off: "Everyone used to think that because Amy and Will are both comedians their relationship was all fun. However, the laughter stopped a long time ago and now they just want to move on with their lives."

Now, we're not necessarily saying that love is dead. Just that he's emptied the mini bar, went on a Facebook bender, and things aren't looking good.

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Hot thermos

Keep food warm until lunchtime

Putting hot food into a cold right-from-the-cupboard thermos just uses the heat from the food to heat the thermos and usually means a lukewarm lunch.

To keep your thermos warm and your hot lunch hot, fill your thermos with

boiling water, attach the lid and let sit for five to seven minutes. Drain the water, wipe and immediately place hot food into the thermos.

Bonus: To test how hot your thermos stays during the day, fill it with boiling water and leave for a few hours. When you come home, gauge how hot your water is. If it's cold it may be time for a new thermos! **MAIJA MOMENTS OF YUMMYMUMMYCLUB.CA**

New study

Is being shy a disadvantage?

A new study from the University of Miami (UM) confirms shy preschoolers are "at greater academic risk than their chatty and boisterous peers."

Boisterous and loud children benefit from the teacher's attention, while

introverted children "tend to disappear within the classroom," according to Elizabeth R. Bell, doctoral candidate in developmental psychology at UM and co-author of the study. While not necessarily disruptive, the shy child risks getting overlooked and dismissed by teachers.

Researchers hope their findings spark further training for teachers. **JULIE M. GREEN OF YUMMYMUMMYCLUB.CA**

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- **Hotel woes.** Can mommy and her club-sized pack of anti-bacterial wipes beat you to the hotel remote control? Follow along with the comedic (mis) adventures of Reasons Mommy Drinks online at metronews.ca/voices

Myth busters

Inside lunch boxes

Myth: You are a bad mom if your kids eat the same thing every day.

Reality: When my son was four, he ate grilled cheese sandwiches for lunch every single day for about two months. Was it worth a fight to make him eat something else? Not really. He grew out of it and moved on to something else. Don't make food a fight.

Myth: You're a better mom if the lunch is cute.

Reality: In 20 years, I've never seen a cutesy lunch. Parents are stressed and throw together what they can, without the time to make it photo worthy. To me, it's way too much pressure to try to make it adorable. The emphasis should be on the fact that it's good, wholesome food.

Myth: Kids should never have treats in their lunches.

Reality: We all love them, and I often have a cookie with my coffee at work. I have no issue packing my child a homemade brownie or cookies as long as he eats the rest of his lunch. When you send treats, though, they should be a small add-on, not the focus. Little people need to focus and learn, which is hard if they are buzzed up on sugar.

KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA

Get them to love reading with 8 unique strategies

Books. Kids go through phases in which they refuse to read, so it may help to try these approaches

RUTH SPIVAK
yummymummyclub.ca

1. Leave a mess of books and magazines around the house. If you can stomach a bit of mess, a disordered pile of books entices kids to browse sooner than a neat bookcase.

2. Direct kids toward non-fiction. Does your child like cars or maybe cooking? Pick up some car magazines and cookbooks. We seldom think that materials with instructions and facts count as reading, but kids are often interested in books that fuel their hobbies. For kids who enjoy facts, The Guinness Book of World Records seems to be a hit. Non-fiction is ultimately a great avenue from which to explore a variety of topics.

3. Watch book trailers for inspiration. Tantalizing plot teasers reveal just enough information to rouse interest in a book.

4. Take kids on a library shopping-spreed. Give each child



Reading with kids, even the ones who graduated to chapter books, can help. **ISTOCK**

a huge book bag to fill, and plenty of time to browse the aisles. Don't limit the amount of books, and try not to intervene with recommendations. Older kids could be dropped off to shop on their own, just like at the mall. Kids can "charge" everything to their own library cards. Giving kids independence around book selection works like a charm, and they can't wait to sample their "new" books at home.

5. Borrow audio books. Listening to a professional narrator bring a story to life can be the push kids need to pick up a book on their own.

6. Grab some joke books, comic books, and graphic novels. They all count as reading and kids love them.

7. Read to older kids. Even graduates to chapter books enjoy being read to, and it

could be the needed nudge to read independently.

8. Share a book and a movie. You could read the same book as your child, and then together watch a movie based on that book. Comparing the book to the movie develops critical thinking skills.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Special apps for children with special needs

Special needs kids face many challenges in their daily lives. The world can be a harsh place for these kids, and therapists and caregivers can only do so much to protect and educate them.

But technology can be a powerful tool in helping these children learn, communicate and succeed in this difficult world. Here are some of the best apps for children with special needs.

iEarnedThat

This app is a brilliant reward system that was designed by a

pediatrician who is also a parent. This app works by taking a picture of your choosing and dividing it into puzzle pieces. You can then reward the child for their accomplishments during the day, by giving them a piece of the puzzle. Once they have earned all the pieces, they are able to solve the puzzle.

iCommunicate

This app allows the user to communicate through pictures and by playing back recorded messages. The app allows you to use included pictures and/or your own pictures to form sen-

tences, sequences, and schedules. These can be helpful for communicating ideas to others, instructions on how to perform a task, or reminders of daily events. This creates a powerful tool for those who have trouble communicating verbally.

In My Dreams

This particular app teaches children how to read by presenting them with simple sentences and parts of speech accompanied by animations. There are matching games included, as well. It includes sign language instruction.

ArtikPix

This one is a speech-training program. It uses games to help the child practice individual sounds by themselves or with a parent or therapist. This offers a fun and engaging way for the child to practice learning proper speech.

TapToTalk

This is a free app that allows children with autism to communicate through pictures. It has a simple touch interface with words and pictures to go with them, making it easy to use.

See.Touch.Learn

This is a free flashcard app for the iPad. The flashcards can be used to give instructions, teach words and objects to kids, and much more. The app also has spoken instructions and feedback to aid in learning, as well. This is a highly flexible learning tool for children with special needs.

If you are a parent of a child with special needs, give one or a few of these helpful apps a try — you might be surprised at the result.

MARIA HUGHES OF YUMMYMUMMY.CA

On the Web



Reasons Mommy Drinks: Hotels. Scan this code or visit metronews.ca/voices to find out why next time mommy's opting for the staycation.

Chicken-and-cheese tortellini is as easy as 1, 2, 3 – literally



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Tortellini is a favourite for even the pickiest of children. The chicken gives them the protein they need, and most kids like pesto, especially if you add extra Parmesan cheese. Pack this for their lunches.

1. In a small, nonstick skillet lightly coated with cooking spray, add the chicken and sauté for 4 minutes per side or just until no longer pink. Let cool, then dice.

2. Meanwhile, boil tortellini for

Ingredients

Total time: 20 minutes

- 4 oz boneless chicken breast (about 1 breast)
- 12 oz tortellini
- 1/3 cup pesto
- 2 tbsp grated Parmesan cheese



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

8 minutes or until tender. Drain and place in a serving bowl.

3. Add the chicken, pesto and Parmesan cheese and toss well. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN**

Nutritional analysis

Per serving

- 354 calories; 20 g protein; 41g carbohydrates; 1.8 fibre;

12 g fat; 4.9 g saturated fat; 56 mg cholesterol; 548 mg sodium

Healthy eating

Choose it and lose it



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Before fall makes its debut this month, enjoy the coolest treat around. But be careful because it will cost you in calories and fat if you grab the wrong container and topping.

Haagen-Dazs Cookie Dough Dynamo (1 cup) with chocolate shell syrup (2 tbsp)

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Equivalent

Aside from the more than half your daily calories and close to a day's worth of fat in the Haagen-Dazs ice cream, it is also equal in fat to 10 tablespoons of Nutella.



Breyers Reese's Peanut Butter Cup Chocolate frozen dessert (1 cup) with Smucker's syrup (2 tbsp)

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Stretch out your studies

Taking the long road. Set a study schedule early on to avoid cramming and procrastination

Test-taking likely isn't front of mind for students just getting settled back into school routines following the summer vacation. But it's not too soon to start plotting plans to hit the books well before the first quiz or midterm pops up on the calendar.

Krista Bianco, manager of the Supported Learning Groups Program at the University of Guelph, says some students likely grew accustomed in high school to studying the night before a test and performing OK. They may be applying the same approach now that they've reached the post-secondary level, not yet aware they'll need to change.

For many students heading to college or university straight from high school, they'll likely be balancing a heavier workload in a compressed semester. It will be the first time away from home for many, and with that, their first test at manag-

ing their own time without having teachers checking up on them to ensure they've attended classes or submitted homework, she notes.

"I think for a lot of reasons that overwhelmed feeling comes along and they just don't yet have an understanding of what it is they need to do and how they need to change to meet the demands of university or college-level learning."

University of British Columbia psychology instructor Catherine Rawn leads a course featuring topics she's handpicked in the hope of helping students become improved and lifelong learners. Goal-setting, motivation and self-control are among the subjects the class covers.

Students have also teamed up on assignments that explore learning challenges, like testing anxiety. Procrastination is a topic that has arisen in discussions, she says.

"This conversation comes up when we look at self-control and the fact that we have a limited supply of it. As you use more effort, and try to get yourself to do things like sit and study and focus, you have a diminishing supply," says Rawn.

"You get worse at deep



Sarah Gaikwad is a peer development facilitator at Ryerson, and oversees a program called FA-ST, which sees students helping fellow students succeed.

CHRIS YOUNG/THE CANADIAN PRESS

thinking in any one sitting, so trying to study for six, eight or 12 hours at a time isn't going to work. We just don't have the ability as humans to be able to do that. So if that's their study strategy — to rely on their bodies and minds to be alert for 12 hours — that's not going to

work."

Rawn suggests students create schedules which allow them to space out their studies and review course material during designated times. They should also be building their study notes as they go through their courses and making sure they're doing the readings well in advance of exams, she notes.

As if coping with the rigours of readings, tests and essays weren't tough enough, students are likely also juggling a host of other demands on their time, such as part-time jobs or extracurricular activities.

It may be challenging for some to see how to squeeze more study time into an already stacked day, but Rawn says this is the precise reason a schedule is so crucial.

"When three o'clock comes around it's not, 'Hmm, what do I do now? I really want to take a nap,' or 'I really want to check my email.' Nope, it's already decided this is what I'm doing. 'I'm going to read this chapter.' And then it gets done."

THE CANADIAN PRESS

The In-Credibility Factor



Lauren Friese PROVIDED

Name: Lauren Friese
City: Toronto
Age: 29



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Friese graduated with an economics degree but couldn't find any online resources to help grads find work. Started TalentEgg in 2008 and now works with hundreds of companies and employs over 15 people.

I knew I was on my way when:

"I spent my first dollar on TalentEgg."

"I'm risk adverse so I knew the minute I put money into it I would have to make it back. We've literally helped millions of students and recent grads over the last few years transition from school to work by providing the access to employers and job info they didn't have before."

"We've just launched TalentEgg in the U.S. and one of the traits that defines me as an entrepreneur is to never accept success. We must always strive for more."

Action Plan

- "Seriously consider whether being an entrepreneur is the right path for you. For the right person it's the best job in the world but for the wrong person it could have long term financial consequences."

- "The best time to start a business is when you're young. The risk is lower, your opportunity cost is lower and there's a ton of support out there for young entrepreneurs."

- Ideas are the easy part, execution is everything. I've had countless people say they had the idea and I tell them "It wasn't my idea but it was ME that did it."

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Canada's king of 'za offers entrepreneurs a slice of advice

Success in writing.

Award-winning businessman Jim Treiving dishes to Metro about Decisions, delivering at work and not over-doughing it

ELIZABETH
BEDDALL
life@metronews.ca

Jim Treiving calls a simple visit to a Boston Pizza as a young RCMP officer the "smallest big decision" of his life.

The visit inspired Treiving to open his own Boston Pizza franchise in Penticton, B.C., and to eventually become co-owner of the award-winning business, which boasts more than \$1 billion in annual sales.

In his new book Decisions, the Dragon's Den star lets a few of his secrets slip to up-and-coming business folk.

If you could offer one piece of advice to an aspiring entrepreneur, what would it be?

If I can offer just one suggestion to aspiring entrepreneurs it would be: understand the critical financial numbers of your business or find someone you trust who can help to you do that. Too many small entrepreneurs that I meet these days are focused on products, sales and operations without putting the time in to analyze and manage the key financial figures. I was certainly like that when I started the first Boston Pizza franchise many years ago, but luckily for me I quickly found a partner who is an accountant and can understand and manage the financial side of our businesses. Without that key component, even great busi-

Paying it forward

Jim Treiving is donating royalties from his book Decisions to two Canadian charities he says are very important to him.

"The first one is the Centre for Addiction and Mental Health in Toronto. This is an organization that my wife Sandi and I have been personally involved with for some time and we strongly support the important work that they do and we want to help out in any way we can."

"The second charity that will be receiving royalties from the book is the Trans Canada Trail initiative that aims to complete the longest connected recreational infrastructure in the world, linking 34 million Canadians, 1,000 communities and over 23,000 kilometres of urban, rural and wilderness trail."

ness ideas will not get off the ground.

Wrong decisions are inevitable in any power position — so what is the best way to bounce back?

You are absolutely right. Wrong decisions do happen and it is important to recognize when they happen and to be prepared to admit when you have made a mistake and make things right. Nobody bats 1,000 on making decisions, so there is no shame in saying "That was a mistake, let's find a way to fix this now". The key is to recognize the problem early and have a plan to address it.

What are, in your opinion, the key reasons Boston Pizza has been recognized as one of Canada's top best-managed companies for over 18 years?

We are very proud that Boston Pizza has been selected to the Platinum Club of Canada's 50 best-managed companies and also recognized as one of Canada's top 10 most admired corporate cultures.

These awards come first and foremost because of our financial success. Let's face it, if we did not have a track record of excellent sales growth and successful new restaurant openings, then we would not be considered for any awards, and rightly so. The second reason for me is simple — our people. We have a great management team, an amazing franchise community and almost 20,000 restaurant staff coast-to-coast who represent our brand incredibly well every day.

What is a right decision, and a wrong decision, that one can make when ordering a pizza pie?

Wow, that's a good one! It is hard to go wrong with pizza I guess. I have a favourite at Boston Pizza called The Great White North with mozzarella, cheddar and smoked ham. I like to order it with fresh sliced tomatoes on top. Yum! I am usually pretty traditional with my pizza toppings but I also like to mix it up occasionally with the new ingredients that we have these days like hot peppers, BBQ chicken and pomodoro sauce. We even have a Szechuan pizza on the menu now!

I guess that the only wrong decision that you can make when ordering a pizza is to not order enough. No one wants to see a big fight for that last slice!

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A dramatic, action-oriented advertisement for Old Spice. The scene is set in a volcanic landscape with a large volcano erupting in the background, sending a massive plume of fire and smoke into the sky. In the center, a man in a white, torn shirt and light-colored pants is riding a red and black motorcycle. A woman with long red hair, wearing a bikini, is sitting on the motorcycle. A villain in a dark, hooded outfit with a red sash is leaping through the air, holding a sword. The title "THE SCENT OF COURAGE" is written in large, 3D, stone-like letters across the middle. Below it, the "Old Spice" logo is written in a cursive font. In the bottom right corner, three Old Spice products (a white deodorant stick, a red body wash bottle, and a yellow body wash bottle) are shown on a rocky outcrop. Below the products, the text "INTRODUCING DANGER ZONE" is written.

THE SCENT OF COURAGE

Old Spice

INTRODUCING
DANGER ZONE

MLB

Jays' sweep in Boston puts Sox in AL East cellar

Omar Vizquel hit a pair of sacrifice flies, including one in the ninth inning that lifted the Toronto Blue Jays over the free-falling Boston Red Sox 4-3 on Sunday.

Toronto entered the series in last place in the American League East, but left Fenway Park two games ahead of the Red Sox. The Blue Jays have won four straight overall and six in a row against Boston.

Jacoby Ellsbury and Dustin Pedroia homered for the Red Sox, who have lost four in a row and 10 of 11.

THE ASSOCIATED PRESS



Omar Vizquel celebrates with his Jays teammates on Sunday in Boston. GETTY IMAGES

Golf

McIlroy continues to dominate field

Rory McIlroy beat the strongest leaderboard in golf this year Sunday in the BMW Championship and joined some elite company.

McIlroy made back-to-back birdies around the turn to seize control at Crooked Stick in Carmel, Ind. He closed with a 5-under 67 for a two-shot win over Phil Mickelson and Lee Westwood.

McIlroy became the first player since Tiger Woods in 2009 to win in consecutive weeks on the PGA Tour, and with his sixth career win joined Woods and Jack Nicklaus as the only players to win at least six times at age 23. THE ASSOCIATED PRESS

Tennis



"Won the US Open Jr title today! 6-2 2-6 7-5. So happy to finish my junior career this way. This week has definitely been #beastmode."

Vancouver's Filip Peliwo, who took to Twitter after beating Britain's Liam Broady 6-2, 2-6, 7-5 in the boys' final at the U.S. Open on Sunday. Peliwo ended his junior career at Flushing Meadows by winning his second junior Grand Slam title of 2012.



The Jets' Tim Tebow scrambles during the season opener against the Buffalo Bills on Sunday in East Rutherford, N.J. JEFF ZELEVANSKY/GETTY IMAGES

Bills stunned by Jets' tightrope act

NFL. Lots of Sanchez, a little Tebow helps New York to rout of Buffalo

One touchdown after another, the New York Jets eased all those pre-season concerns about their low-scoring offence.

With a whole lot of Mark Sanchez, a sprinkling of Tim Tebow and a dominant first-half effort by the defence, New York manhandled the Buffalo Bills, routing their AFC East rivals 48-28 in the season opener Sunday.

Rex Ryan passed on a chance to say, "We told you so" to his team's critics and doubters. So did Sanchez, and Tebow, too.

"Vindication, chip on our shoulder, maybe that's not the

Sunday's game

48	28
Jets	Bills

right things," Ryan said. "We were just excited to play."

And, they looked it. Sanchez threw three touchdown passes, including two to rookie Stephen Hill, Jeremy Kerley had a touchdown catch and a punt return for a score, and Antonio Cromartie took one of New York's three interceptions of Ryan Fitzpatrick to the end zone.

"It's a great win, there's no

Quoted



Bills head coach Chan Gailly

"We're not running around like the sky is falling."

doubt about it," Sanchez said. "But, we've got lots of work to do."

That's from a team — labelled by some a "circus" for its penchant for making off-season headlines, namely acquiring Tebow — that had many wondering what to expect after the first-team offence failed to score a touchdown in the first three games of the pre-season.

"It looked like we were

making up for lost time there," Sanchez said.

Added Kerley: "We knew what we could do. We just showed the world today."

The Jets set the franchise mark for most points in a season opener on Shonn Greene's late one-yard scoring run.

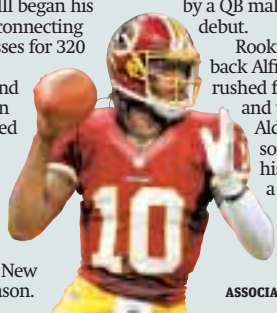
"He definitely turned it on today," Kerley said of Sanchez. "I think there's always a big target on Mark's back and I think he likes it. He's a guy we trust and know what he's capable of each week, and he showed it today."

Sanchez had the offence humming along so well, the fans at MetLife Stadium actually booed Tebow when he failed to gain a yard when he took a direct snap in the second quarter. THE ASSOCIATED PRESS

Top rookie debut

Washington stuns New Orleans on back of RG3's 2 TDs

Robert Griffin III began his NFL career by connecting on 19 of 26 passes for 320 yards and two touchdowns, and the Washington Redskins handed the Saints a 40-32 loss in their first game since the bounty scandal that overshadowed New Orleans' off-season.



Griffin completed his first eight passes, including an 88-yard touchdown pass to Pierre Garcon, tying for the second-longest scoring pass by a QB making his NFL debut.

Rookie running back Alfred Morris rushed for 96 yards and two TDs.

Aldrick Robinson, making his debut, had a TD among four receptions for 52 yards.

THE ASSOCIATED PRESS

Top rookie debut

Bears hold Colts' Luck in check in first taste of regular season action

The Chicago Bears spoiled Andrew Luck's debut, beating the Indianapolis Colts 41-21 Sunday in the season opener.

The Colts' No.1 pick was 23 of 45 for 309 yards with a four-yard touchdown pass to Donnie Avery early in the fourth



in a 41-21 loss to the Chicago Bears on Sunday.

But Luck also got picked off three times — twice by Tim Jennings — in an up-and-down start for a rookie with huge shoes to fill.

All he has to do is prove the Colts were right to take him with the No. 1 pick in the draft and part with Peyton Manning after he missed last season with a neck injury.

THE ASSOCIATED PRESS

Mobile sports



Alex Zanardi has had plenty to celebrate at the Paralympics after winning two gold medals in paracycling. And as the Paralympics came to a close on Sunday night, the former Formula One driver who lost his legs in a horrific 2001 crash had a chance to reflect on "the process" of becoming a champion again. Scan the code for the story.

4 SPORTS

Canadian athletes soaked up spotlight in London

Paralympics. Ticket sales, TV ratings and anecdotes show London embraced Games

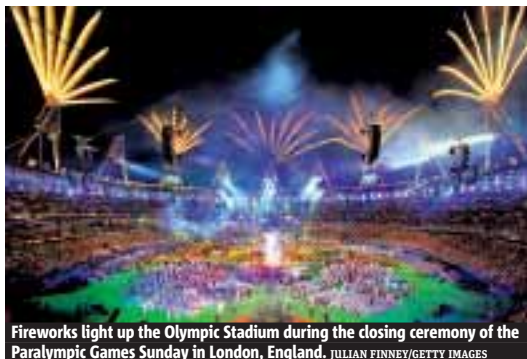
Canada's athletes feel Paralympic sport hit a new level of recognition and respect in London.

Whether that spotlight extends to Canada when they go home after Sunday's closing ceremonies of the Paralympic Games is debatable.

But the Canadians have enjoyed their status as the top show in London. And that's with the Premier League soccer season opening just prior to the Games.

Ticket sales, television ratings and anecdotal information from the athletes themselves indicate the host city embraced the Paralympic Games like none before it.

The 80,000-seat Olympic Stadium was full for track and field finals. The velodrome was ear-splitting, particularly when a British cyclist was on



Fireworks light up the Olympic Stadium during the closing ceremony of the Paralympic Games Sunday in London, England. JULIAN FINNEY/GETTY IMAGES

Quoted



"It's been a great journey, my fourth Games. I'm really proud of what I've done here in London."

Montreal swimmer Benoit Huot, who carried the Canadian flag as part of the closing ceremony. Huot won three medals in the pool in London — a gold, silver and bronze.

the track. The swimming pool stands had people in them all the way to the top row.

"What's new about these Games is the popularity of the

events," four-time Paralympic swimmer Benoit Huot said. "Sold out for heats, sold out for finals."

"We've never seen that. In

Medals

- The stated objective of a top-eight finish in gold medals won at the 2012 Paralympic Games proved too ambitious for Canada.
- Seven gold medals was well below the 19 won four years ago in Beijing. Canada ranked 20th among 166 countries with 31 total medals.

Sydney, Athens and Beijing, in the heats it wasn't sold out. There were people, but it was mostly summer camps or kids from schools. Here, it's public that bought tickets and that's a first."

The Paralympics gave Londoners an opportunity to soak up more high-calibre athletics after the Olympic Games. The Paralympic movement already had traction in Britain because the country is considered the birthplace of the Games.

THE CANADIAN PRESS



Serena summons clutch strength in U.S. Open final

Finally tested, even trailing, at the U.S. Open, Serena Williams turned things around just in time. Two points from defeat, Williams suddenly regained her composure and her game, coming back to win the last four games and beat No. 1-ranked Victoria Azarenka 6-2, 2-6, 7-5 on Sunday night for her fourth championship at Flushing Meadows and 15th Grand Slam title overall. AL BELLO/GETTY IMAGES

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Horoscopes

Aries

March 21 - April 20

Go easy on yourself this week, especially on the work front where not only are you being ridiculously ambitious but others are expecting you to work yourself into the ground. Your health must always come first.

Taurus

April 21 - May 21

All types of relationships will go well for you now but affairs of the heart will go best of all, so stop worrying that a certain person does not like you as much as you like them – it isn't true.

Gemini

May 22 - June 21

Family matters of all kinds will go better now with both the Sun and Mercury, your ruler, moving through the domestic area of your chart. They will go better still if you forgive those who have let you down.

Cancer

June 22 - July 23

You will need to make allowances over the next few days for those who cannot think or act as fast as you. Stay calm and don't let little things annoy you. Mental, emotional and physical relaxation is a must.

Leo

July 24 - Aug. 23

Make sure you get what you deserve, both emotionally and financially. Others will happily give you less than they should if they think they can get away with it, so you must stand up for yourself.

Virgo

Aug. 24 - Sept. 23

Your life is about to take a turn for the better. Few things will faze you this week and even fewer will have a negative effect on your affairs. Your luck will improve and your attitude will improve even more.

Libra

Sept. 24 - Oct. 23

The more you put other people first now the more you will gain personally – it's one of those proverbial win-win situations. It's always what you do one-to-one that changes the world for the better.

Scorpio

Oct. 24 - Nov. 22

Get out and about today because the more you mix the more likely it is you will meet someone who changes your life for the better. Group activities of all kinds are well starred over the next few days.

Sagittarius

Nov. 23 - Dec. 21

Before you start something new make sure it is what you really want to be doing. All too often you begin new projects in a burst of enthusiasm only to lose interest later. Only do what you are passionate about.

Capricorn

Dec. 22 - Jan. 20

No matter how challenging events may be you will take it in your stride and your calm behavior will inspire those around you, both at home and at work. If only everyone could be as composed as you.

Aquarius

Jan. 21 - Feb. 19

Happiness is a state of mind and at the moment your state of mind is being disrupted by worries about your money situation. The new moon on the 16th will resolve matters in your favor. Until then, relax.

Pisces

Feb. 20 - March 20

Recent suspicions about people you live or work with will be swept away over the next 24 hours and you may be a bit embarrassed by your negative attitude. Never mind – no one got hurt.

SALLY BROMPTON

Crossword: (Mount St. Elias Is the Second-Highest)

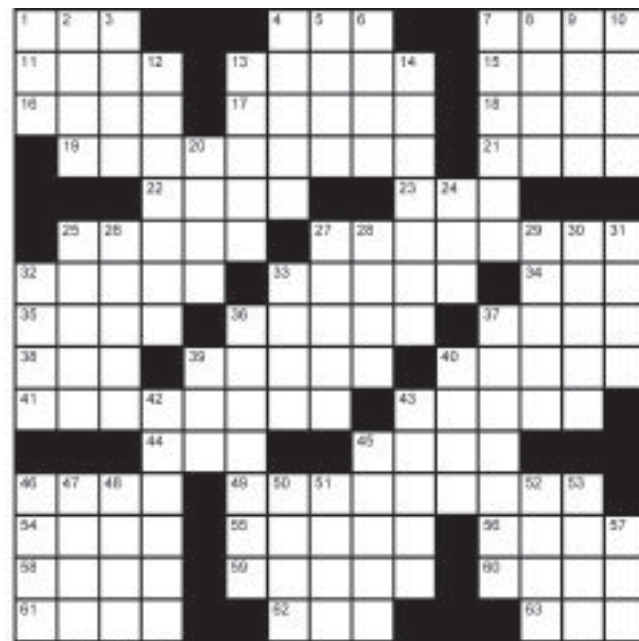
BY MICHAEL WIESENBERG

Across

1. "Beg pardon?"
4. Greek X
7. Daily dosages, casually
11. Guitarist Clapton
13. Brag
15. Shrinking inland sea that forms part of the border between Kazakhstan and Uzbekistan
16. Ancient civilization of the Yucatán
17. Unctuous David Copperfield character ____ Heep
18. World's longest river
19. Guy ____: Québec-born Cirque du Soleil founder, billionaire, International Space Station visitor, and high-stakes poker player
21. Accomplishment
22. Top Olympic medal
23. Exist
25. Carpentry smoother
27. Added up
32. Anjou, Bosc, and Bartlett
33. Prince who's third in line for the UK crown
34. Adam's mate
35. "Give it ____!": "Taste this!" (2 wds.)
36. Mountain ____: The Rockies or Cascades
37. Poker player's response to "Do you want a hand?" (2 wds.)
38. Lord of the Rings actress Tyler (Aerosmith's Steven Tyler's daughter)
39. Liberal ____
40. Crouch
41. Annual 12-Down event
43. Absorb facts
44. Approved
45. Apple covering
46. "Mon ____!": French mild oath
49. Toronto CFL team
54. Pastoral poem
55. Mars or Venus
56. Poker player's reply to "How'd you do?" after a successful session (2 wds.)
58. Encounter
59. Christmases
60. Dickens' A ____ of Two Cities
61. Backtalk
62. Classic British sports cars
63. Distribute seeds

Down

1. Bottom seam
2. Russian mountain range or river
3. Breezy greeting
4. Hollowed out, as an apple
5. Ponytail material
6. "The hour ____ hand": (2 wds.)
7. Ontario-born Howie of Deal or No Deal
8. Great Lake
9. Broad lowland
10. Winter conveyance
12. Alberta's largest city
13. BC-born pop singer Michael
14. IMAX ____
20. Accelerator particles
24. Sunbeam
25. Small: Fr.
26. Cocoon spinner
27. Aunt: Fr.
28. Bacchanal
29. Madagascar tree climber
30. Perrier or Aquafina competitor
31. Minor automobile accident result
32. Buddies
33. Difficult
36. Edmonton-born actress ____ Chong (Tommy's



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Friday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



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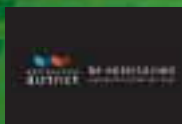
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